



COMDTINST 5355.3

MAR 11 1993

COMMANDANT INSTRUCTION 5355.3

Subj: Campaign Drug Free

Ref: (a) Reserve Administration and Training Manual, COMDTINST M1001.27 (series)

1. PURPOSE. This instruction disseminates information and encourages participation in the Campaign Drug Free (CDF) voluntary outreach program and other established programs which educate youths on the dangers of drug abuse.
2. BACKGROUND. In 1988, Congress passed legislation directing DoD to play a larger role in the war against drugs. In August 1989, the Secretary of the Navy approved the implementation of CDF as a community action program using Navy, Marine Corps and Coast Guard Reserve volunteers. CDF is an educational program designed to discourage drug abuse by providing public service presentations to students in local communities.
3. DISCUSSION. The Coast Guard has long recognized the need to combat the availability and use of illegal drugs in the U.S. However, there is no single or simple solution. The problem is being addressed through eradication (eliminating the source), interdiction (eliminating availability), law enforcement (penalizing offenders) and education. With its zero tolerance policy on drug use by members, the Coast Guard provides an excellent example for the communities we serve. As members of the community, Coast Guard reservists are ideally suited and have the ability to assist local school systems and youth groups in presenting the dangers of drug abuse and the need to be drug free.

4. RESPONSIBILITIES.

- a. The Chief, Office of Readiness and Reserve (G-R) will act as the Coast Guard manager of the CDF program, coordinating the program with the U.S. Navy and providing guidance, direction, resources and support to the CG Reserve.
- b. Commandant (G-RST) will administer the CDF program, provide liaison with DoD and distribute CDF kits to Districts. Commandant (G-RST) will also consolidate District CDF reports and provide Commandant (G-R) an end-of-FY report on progress of the CDF effort.
- c. Districts will appoint a CDF representative to work with reserve units involved in the local CDF program. Representatives will maintain liaison with Commandant (G-RST) on any issues concerning CDF. Districts will distribute CDF materials to reserve units interested in participating in the program.
- d. Reserve Unit Commanding Officers shall encourage maximum individual reservist participation on a not-to-interfere basis with augmentation or mobilization readiness training. CDF presenters will coordinate their efforts with local Navy and Marine Corps Reserve Units in their area to avoid duplication of effort at local schools. CDF Presentation Reports should be forwarded by presenters, via the chain of command, to Commandant (G-RST-1).

5. PRESENTER GUIDANCE AND RESPONSIBILITIES.

- a. The purpose of the presentation is not to impart new knowledge concerning use of drugs. The purpose of the CDF presentation is to reinforce the general overall message that drug usage/substance abuse is harmful, that one does not need drugs to be successful, happy or accepted. Members of the CG Reserve are exceptional "role models" and good examples of what you can achieve by staying drug free.
- b. CDF is a strictly voluntary program where men and women of the local CG Reserve organization are resource providers for area schools and youth groups.
- c. All ranks, officer and enlisted, may participate. It is strongly recommended that prospective CDF presenters observe a CDF presentation held by an experienced CDF presenter, and do a "dry run" presentation with experienced CDF presenters.

5. d. Enclosure (1) shows CDF organized into three different presentations which are directed at elementary (grades 1 through 5), middle (grades 6 through 8) and high (grades 9 through 12) school students. Each presentation consists of an introduction of the Coast Guard's role in drug awareness, a video tape for elementary, middle and high school students which emphasize the dangers of drug abuse, and standardized answers to popularly asked questions (See enclosure 2). The video tapes are "Cartoon All-Stars to the Rescue" (elementary) which can be obtained from your nearest video rental store at no cost, and "Cocaine on the Brain" (middle) and "On Thin Ice" (high school) which can be obtained from the Districts. Presentations conclude with an oral pledge by the students to remain drug free and the presentation of a certificate to the class signifying the pledge.
6. Retirement Point Credit. Coast Guard reservists who make the CDF presentations will be eligible for non-pay SADT retirement point credit of one point for each three hours of CDF support, not to exceed two points in any one calendar day based on eight hours performance of duty. Procedures are contained in Chapter 5 of reference (a). This instruction is the authority for writing orders for CDF presenters to qualify for the retirement points. CDF presenters will be issued "no cost" travel orders placing them in an official status. To receive retirement point credit, a documented copy of the CDF Presentation Report accompanied with a copy of the orders will be forwarded to the reserve unit commanding officer or his/her representative who will ensure proper point credit is awarded.
7. Recognition. Commandant (G-R) will annually recognize the Coast Guard Reserve unit which has produced the greatest achievement in community drug free awareness and individual presenters who have distinguished themselves within the local community. Award emphasis will be on the quality of the local effort. CDF is not a program with quotas but rather, a voluntary cooperative effort with local education officials designed to meaningfully address one of the most serious problems in the United States today--drug abuse. Units that are already participating in a school or drug prevention program, (i.e., Partnership in Education Program, Red Ribbon Campaign) may incorporate CDF into their programs. The CDF program is flexible enough to augment or complement existing classroom drug education instruction and youth-group activities where appropriate. Participants in CDF may be eligible for awards under the Coast Guard Partnership in Education: 2000 Award Program and should consult COMDTINST 5350 of 6 Jan 1993.

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8. ACTION. Coast Guard reservists, both officer and enlisted personnel, are encouraged to call or visit local school officials and offer to make CDF presentations. CDF is not intended to place additional requirements on the Coast Guard Reserve nor to detract from required training and readiness activities. Reserve group commanders and reserve unit commanding officers shall ensure that all public affairs means at their disposal be used in creating public awareness of CDF activities.
9. REPORTS. A completed copy of the Campaign Drug Free Presentation Report, RCN-5355.1, enclosure (3), shall be forwarded to, Commandant (G-RST-1), FAX: FTS (202) 267-4553; PHONE# FTS (202) 267-0618) via the chain of command upon completion of each CDF presentation.

/s/

J. W. LOCKWOOD

CHIEF, OFFICE OF READINESS AND RESERVE

Encl: (1) Presentation Outline for Elementary, Middle and High School Students
(2) Questions and Answers
(3) Campaign Drug Free Presentation Report

ENCLOSURE (1) to COMDTINST 5355.3

LEVEL I - ELEMENTARY SCHOOL

CAMPAIGN DRUG FREE PRESENTATION

GOOD (.....(AM/PM.).....) BOYS AND GIRLS

AS YOU CAN SEE, I'M A MEMBER OF THE UNITED STATES (...NAVY / MARINE CORPS /)
SERVING IN THE (...NAVAL RESERVE / ACTIVE DUTY...). I'VE BEEN IN THE ARMED FORCES FOR
(.....) YEARS BOTH ON ACTIVE DUTY AND IN THE RESERVES.

(...BRING IN A SHIP / SUBMARINE / AIRCRAFT / TANK ETC. PICTURES OR MODELS IF AVAILABLE....)

WHILE ON ACTIVE DUTY I WAS / AM CURRENTLY STATIONED:

(..... SHIP/SHORE/FORIEGN COUNTRY./SHORT NAVY CAREER SUMMARY.....) AS A RESERVIST, EVERY
MONTH I REPORT FOR TWO DAYS DUTY FOR AT:

(.....)

I'VE LIVED IN THIS COMMUNITY FOR (.....) YEARS AND HAVE

BEEN INVOLVED IN (.....(COMMUNITY RELATIONSHIP: SCOUTING, SCHOOL, CHURCH, YOUTH SPORTS
PROGRAMS, ETC.).....)

(.....INTRODUCE YOUR CHILD(REN) / EXPLAIN YOUR RELATION WITH SCHOOL/CITY TOWN...)

YOU KNOW, WE'RE FORTUNATE TO LIVE IN THE UNITED STATES. WE ENJOY MANY
THINGS NOT FOUND IN OTHER COUNTRIES...SUCH AS RUSSIA, CHINA, LATIN AMERICA,
SOUTH EAST ASIA, THE MIDDLE EAST, AFRICA.

(....BRIEFLY EXPLAIN LIVING CONDITIONS OF OTHER COUNTRIES FROM OWN EXPERIENCES, DUTY STATIONS, OVERSEAS
ASSIGNMENTS etc (WITH PICTURES)...))

2.

WHAT DO PEOPLE FROM THESE COUNTRIES WANT MOST OF ALL? WHAT DISTINGUISHES US FROM THE OTHER PEOPLE IN THE WORLD? WHAT IS IT THAT MAKES EVERYBODY WANT TO COME TO THIS COUNTRY?

WE HAVE "FREEDOM" THIS IS SOMETHING MORE THAN WE READ ABOUT IN OUR HISTORY BOOKS... EVERYONE KNOWS ABOUT GEORGE WASHINGTON, THOMAS JEFFERSON, BETSY ROSS AND YOUR LOCAL HERO

(.....).

THEY WERE CERTAINLY PART OF THE ANSWER; BUT MOSTLY, YOU AND I HAVE THE FREEDOM TO MAKE CHOICES ABOUT OUR LIVES... MEN AND WOMEN WERE WILLING TO SACRIFICE ALL THAT THEY HAD - AND EVEN TO DIE - TO ENSURE THAT WE HAVE THIS FREEDOM TODAY. MANY PEOPLE LIKE ME SERVE IN THE DEFENSE OF OUR COUNTRY (....THOUGH A MEMBER OF THIS COMMUNITY, I'M ALSO READY TO BE CALLED TO ACTIVE DUTY IN RESPONSE TO A NATIONAL NEED. MANY RESERVISTS AND NATIONAL GUARDSMEN WERE CALLED UP FOR DESERT SHIELD AND DESERT STORM DUTIES.....)

.... SO YOU, AND SOMEDAY YOUR CHILDREN, AND OUR GRANDCHILDREN MIGHT ENJOY THESE SAME **FREEDOM OF CHOICES.**

WHAT ARE SOME OF THE DECISIONS OR CHOICES YOU MAKE EVERY DAY?

(....CLOTHES TO WEAR, FOOD TO EAT, WHERE TO SIT AT LUNCH, WHO YOU ARE GOING TO PLAY WITH AT RECESS, WHAT GAMES TO PLAY, BOOKS TO READ, TV PROGRAMS TO WATCH, NINTENDO GAME TO PLAY.....)

3.

SOME OF THESE DECISIONS ARE EASY TO MAKE... SOME ARE HARD...SOME YOUR PARENTS OR TEACHERS MAKE FOR YOU TO KEEP YOU SAFE AND HEALTHY BECAUSE THEY LOVE YOU AND CARE ABOUT YOU.

AS YOU GROW UP, YOU'LL MAKE MORE DECISIONS BY YOURSELF. GROWN-UPS WANT YOU TO GROW UP TO BE SAFE AND HAPPY, BUT THEY CAN'T MAKE ALL THE CHOICES FOR YOU. ONE OF THE MOST IMPORTANT THINGS YOU'LL LEARNJUST LIKE READING, MATH, SCIENCE... IS HOW TO MAKE THE RIGHT CHOICES.

YOU CAN HELP YOURSELF MAKE THE GOOD DECISIONS BY JUST THINKING AND LISTENING TO YOURSELF.... ASKING YOURSELF QUESTIONS.... LIKE, HOW DOES IT FEEL? WHAT WILL HAPPEN IF I DO *THIS* INSTEAD OF *THAT*? MANY CHOICES YOU ALREADY KNOW ABOUT.

(...LIKE IF I LISTEN IN SCHOOL AND FINISH MY HOMEWORK I'LL GET GOOD GRADES.... IF I DON'T WEAR A JACKET WHEN IT'S COLD OUTSIDE I'LL PROBABLY GET A COLD..... IF I PRACTICE A LOT AT SOCCER / FOOTBALL / BASKETBALL / BASEBALL I'LL PROBABLY MAKE THE TEAM.... IF I DON'T DO MY CHORES AT HOME MOM OR DAD WILL GET MAD....IF I EAT MY FOOD, DRINK MY MILK AND GET PLENTY OF SLEEP I'LL GET BIGGER AND STAY HEALTHY...IF I TAKE SOMETHING THAT ISN'T MINE I'LL GET IN TROUBLE....IF I'M NICE TO OTHER KIDS I'LL HAVE A LOT OF FRIENDS....OTHERS??.....)

THESE DECISIONS ARE KIND OF EASY . BUT WHAT IF YOU HAVE TO MAKE A REALLY HARD CHOICE A DECISION ABOUT SOMETHING THAT YOU'RE NOT VERY SURE ABOUT?

4.

THAT'S WHEN IT'S REALLY IMPORTANT TO ASK A GROWN-UP... YOUR PARENTS, TEACHER OR ANY ADULT THAT YOU KNOW AND TRUST. THEY CAN HELP YOU MAKE THE RIGHT DECISION.... LISTEN TO WHAT THEY TELL YOU.... REMEMBER WHAT YOU'VE LEARNED... AND LISTEN TO YOURSELF AND YOU'LL KNOW HOW TO MAKE THE RIGHT DECISION AND BE ABLE TO DO THE RIGHT THING.

YOU NEED TO KNOW ABOUT YOUR **PEERS**KIDS YOUR OWN AGE, OR MAYBE BIGGER KIDS, WHO'LL TELL YOU THINGS OR TRY TO MAKE YOU CHOOSE THINGS OR DO SOMETHING THAT YOU DON'T WANT TO DO OR KNOW IS WRONG OR THAT YOU'RE NOT SURE ABOUT.... THAT'S CALLED **PEER PRESSURE**.

IT'S LIKE WHEN ALL THE KIDS ARE PLAYING SOCCER AT RECESS SO YOU FEEL YOU HAVE TO PLAY SOCCER TOO SO YOU WON'T BE LEFT OUT... OR WHEN YOUR FRIENDS ALL HAVE A SUPER-SOAKER WATER GUN.... OR A NEW NINTENDO GAME. YOU WANT TO BE PART OF THE GROUP..... HAVE FUN AND LOTS OF FRIENDS TO PLAY WITH. THAT'S OK - THAT'S PART OF GROWING UP.

BUT WHAT IF THE KIDS WANT YOU TO DO SOMETHING THAT YOU DON'T WANT TO DO, OR THAT YOU KNOW IS WRONG OR THAT YOU'RE NOT SURE ABOUT AND THEY START TEASING YOU THEN WHAT DO YOU DO? NOBODY WILL PLAY WITH YOU HOW DO YOU FEEL?... WHAT DO YOU SAY AND DO? ...YOU WANT THE KIDS TO LIKE YOU AND HAVE FRIENDS TO PLAY WITH AND MAYBE THEY'RE MEAN TO YOU. YOU DON'T WANT TO

5.

BE LEFT OUT BUT YOU WANT TO DO THE RIGHT THING..... IT'S A REALLY HARD CHOICE...
HOW DO DECIDE WHAT TO DO THEN???

SOMEDAY THESE KIDS - YOUR PEERS - MAY WANT YOU TO DO SOMETHING THAT YOU
KNOW IS NOT GOOD... LIKE SMOKING, DRINKING ALCOHOL OR TAKING DRUGS IN ORDER
TO BE "IN" WITH THE GROUP. THEY MAY TELL YOU THAT IT'S OK AND SAFE... "JUST TRY
IT"... THEY'LL SAY... IF YOU WANT TO "HANG AROUND" OR PLAY WITH US, YOU HAVE TO
DO IT. YOU NEED TO KNOW IMPORTANT THINGS ABOUT PEER PRESSURE IN ORDER TO
MAKE THE RIGHT CHOICES ABOUT CIGARETTES, ALCOHOL AND DRUGS.

THE (.....NAVY, MARINES, COAST GUARD..... *OTHER..SERVICE.....*) WANT TO HELP YOU
WITH THESE DECISIONS. WE THINK YOU'RE IMPORTANT AND WANT YOU TO KNOW WHAT
TO DO.

TO HELP YOU UNDERSTAND THIS PROBLEM WE HAVE A VIDEO WITH SOME FRIENDS THAT
YOU SEE ON TV AND IN THE MOVIES.... WATCH THE STORY AND LISTEN TO WHAT THEY
SAYIT WILL HELP YOU DECIDE AND DO THE RIGHT THINGS.

(...SHOW "*CARTOON CHARACTERS TO THE RESCUE*" VIDEO....)

HOW DID YOU LIKE THE STORY? DID SOMETHING LIKE THAT EVER HAPPEN TO YOU
OR SOMEONE YOU KNOW?

6.

IT'S IMPORTANT TO KNOW THAT DRUGS IN THE UNITED STATES ARE A REAL PROBLEM. IT'S LIKE A "WAR" THAT'S BEING FOUGHT RIGHT HERE IN OUR OWN STREETS. THE ENEMIES ARE THE PEOPLE TRYING TO SELL DRUGS TO KIDS LIKE YOU.

WHY?

USING DRUGS USUALLY ENDS IN VIOLENCE AND BRINGS UNHAPPINESS, CRIME, SICKNESS, AND MANY TIMES DEATH. WE CAN'T AFFORD TO LOSE THE WAR AGAINST DRUGS BECAUSE IT WILL AFFECT THE FUTURE OF EACH AND EVERYONE OF US AND THE FUTURE OF THE ENTIRE COUNTRY.

SO WHY AM I HERE TODAY, TALKING TO YOU? WHEN I ENTERED THE ARMED FORCES, I TOOK AN OATH.

I RAISED MY HAND AND PROMISED TO DEFEND OUR COUNTRY AGAINST ALL ENEMIES...FOREIGN *AND* DOMESTIC . (...EXPLAIN DOMESTIC ENEMY CONTEXT...) EVERY MEMBER OF THE ARMED FORCES MAKES THIS PROMISE.

DRUGS ARE THE BIGGEST DOMESTIC ENEMY WE HAVE RIGHT NOW. WHAT'S HAPPENING IN OUR STREETS AND NEIGHBORHOODS WHERE DRUGS HAVE TAKEN OVERINVADED US? DRUGS ARE A NATIONAL THREAT THAT AFFECTS US ALL - EVEN WHEN WE DON'T EXPECT IT....

7.

ACCIDENTS, DRUNK DRIVERS ABUSING ALCOHOL, DRUGS(...HOLD UP NEWS CLIPPINGS...)

GANG WARS - INNOCENT VICTIMS (...SHOOT-OUT DRILLS, COMPTON, CA... OTHER ARTICLES...)

CRIME - (...85% CRIMES IN MA DRUG RELATED... 70% IN THE U.S. OVERALL)

DISEASE - AIDS, TUBERCULOSES

BESIDES BEING CONCERNED WITH DRUGS AND SUBSTANCE ABUSE IN THE ARMED FORCES, I'M INVOLVED HERE WITH YOU NOW BECAUSE I'M A MEMBER OF THIS COMMUNITY. I AND/OR MY (.....SON/DAUGHTER..OTHER RELATIVE....) SAT WHERE YOU ARE SITTING NOW. THE NAVY (...OTHER SERVICE...) AND I ARE COMMITTED TO HELPING YOU UNDERSTAND THE THREAT OF DRUGS TO THIS COMMUNITY AND TO THE NATION AS A WHOLE

WE CAN'T AFFORD TO LOSE THIS WAR... OUR FUTURE DEPENDS ON ALL OF US AND CERTAINLY YOUR GENERATION - SAYING "**NO**" TO DRUGS.

I'M ALSO HERE BECAUSE I CARE ABOUT MY CHILDREN (....FAMILY...) AND EACH OF YOU. YOUR GENERATION WILL BE TOMORROW'S ADULTS, YOU AND YOUR FRIENDS WILL BE THE NEXT... DOCTORS, BUSINESS MEN/WOMEN, COMPUTER PROGRAMMERS, TEACHERS, LAWYERS, POLICE, FIREFIGHTERS, SCIENTISTS, POLITICAL LEADERS, PLUMBERS, CARPENTERS, MEDICAL RESEARCHERS, ARMED FORCES, **WHATEVER YOU WANT TO BE WHEN YOU GROW UP** (...I, YOUR PARENTS, TEACHERS, ETC. WILL BE RETIRED. SOMEDAY...)

8.

EACH ONE OF YOU IS IMPORTANT YOU HAVE A SPECIAL ROLE TO PLAY... WE CAN'T AFFORD TO LOSE ANYONE OF YOU AS A CASUALTY IN THE "DRUG WAR".

MAKING THE RIGHT DECISIONS ABOUT SMOKING, ALCOHOL AND DRUGS WON'T BE EASY, BECAUSE IT'S EVERYWHERE IN OUR SOCIETY... LOOK AT THE NEWSPAPERS, BOOKS, MOVIES, TV PROGRAMS, COMMERCIALS. SOMETIMES WE GET THE FALSE MESSAGE THAT SMOKING OR DRINKING OR DOING DRUGS ARE JUST PART OF LIFE, HARMLESS FUN, AND WILL MAKE YOU POPULAR AND GROWN UP.

THIS IS NOT TRUE ...IT'S.A BIG LIE.... THERE MAY BE A LOT OF PRESSURE ON YOU TO USE ALCOHOL, DRUGS AND OTHER SUBSTANCES BY OTHER KIDS... AND ALSO NOT TO SAY ANYTHING ABOUT OTHERS USING DRUGS.

DON'T YOU BE A PART OF IT! OR LET YOUR REAL FRIENDS BE PART OF IT.....

JUST SAY NO!

BE STRONG WHEN YOU KNOW WHAT'S RIGHT AND WHAT'S WRONG... STICK TOGETHER AND HELP YOUR FRIENDS. REAL FRIENDS DON'T GET OR LET OTHER FRIENDS GET INVOLVED WITH ALCOHOL OR DRUGS!

9.

LET YOUR PARENTS, TEACHERS, OR SOME GROWNUP OR FRIEND YOU TRUST KNOW SO THAT A PERSON IN TROUBLE WITH DRUGS CAN GET HELP. THAT'S BEING A REAL FRIEND (AND NOT A "SQUEALER")... IF YOU REALLY CARE.

YOU HAVE HEARD THE "WHYS" AND THE "WHAT HAPPENS" IF WE DON'T WIN THE "DRUG WAR". THE REST IS UP TO YOU...

WILL YOU JOIN ME, (...AND THE NAVY, MARINE CORPS, COAST GUARD.. *OTHER SERVICE*....) IN HELP KEEPING (.....CITY/TOWN/COMMUNITY....) AND THE REST OF THE COUNTRY DRUG FREE?

OK... RAISE YOUR HANDS... WHO'S GOING TO HELP ME IN THE FIGHT AGAINST DRUGS?

BY JUST SAYING ...WHAT?....NO!

THANKS, I ENJOYED BEING WITH YOU TODAY (...SALUTE...) GOOD LUCK TO EACH ONE OF YOU AND REMEMBER.... **HELP KEEP OUR COUNTRY....DRUG FREE!**

(... QUESTIONS?...PASS OUT CDF STICKERS, OTHER ITEMS...)

LEVEL II - Middle/Junior High School Version

CAMPAIGN DRUG FREE PRESENTATION LECTURE

GOOD (.....(AM/PM).....) AS YOU CAN SEE, I'M A MEMBER OF THE UNITED STATES (....NAVY / MARINE CORPS...) - SERVING IN THE (...NAVAL RESERVES / ACTIVE DUTY...). IT'S MY PRIVILEGE TO SERVE IN OUR COUNTRY'S ARMED FORCES FOR (.....) YEARS, BOTH ON ACTIVE DUTY AND IN THE RESERVES. WHILE ON ACTIVE DUTY I WAS / AM CURRENTLY STATIONED: (.....SHIP/SHORE/FORIEGN COUNTRY/SHORT NAVY CAREER SUMMARY....) AS A RESERVIST, EVERY MONTH I REPORT FOR TWO DAYS DUTY AT: (.....)

I'VE LIVED IN THIS COMMUNITY FOR (.....) YEARS AND HAVE BEEN INVOLVED IN (.....(COMMUNITY RELATIONSHIP: SCOUTING, SCHOOL, CHURCH, YOUNTH SPORTS PROGRAMS, ETC.).....)

YOU KNOW, THOSE OF US WHO LIVE IN THE U.S. ARE FORTUNATE - WE ARE A FREE PEOPLE - WE HAVE LIBERTIES AND FREEDOMS THAT ARE ONLY DREAMED OF BY MOST OTHER PEOPLE IN THE WORLD. WE ENJOY PEACE, SECURITY, AND A PROSPERITY NOT FOUND ANYWHERE ELSE IN THE WORLDRUSSIA, CHINA, LATIN AMERICA, SOUTH EAST ASIA, THE MIDDLE EAST, AFRICA. LOOK WHAT HAPPENED IN RUSSIA, EAST GERMANY AND ALL THE OTHER IRON CURTAIN COUNTRIES.

WHAT DID THE PEOPLE OF THESE COUNTRIES WANT MOST OF ALL?

SO WHY ARE WE SO FORTUNATE? WHAT DISTINGUISHES US FROM THE OTHER PEOPLE IN THE WORLD? WHAT IS IT THAT MAKES EVERYBODY WANT TO COME TO THIS COUNTRY?

(2.)

IN A WORD - WHAT IS IT?

WHERE DID WE GET THIS "FREEDOM" ...HOW DID WE EVOLVE INTO AN OPEN DEMOCRATIC SOCIETY? THE ANSWER INVOLVES MORE THAN JUST READING ABOUT FAMOUS PEOPLE IN OUR HISTORY BOOKS... EVERYBODY KNOWS ABOUT GEORGE WASHINGTON, THOMAS JEFFERSON, BETSY ROSS AND YOUR LOCAL HERO (.....).

AND THEY WERE CERTAINLY PART OF THE ANSWER. BUT MOSTLY YOU AND I ARE FREE TODAY BECAUSE A LOT OF ORDINARY MEN AND WOMEN WERE WILLING TO SACRIFCE ALL THAT THEY HAD AND EVEN TO DIE TO ENSURE THAT FREEDOM FOR US TODAY! THEY....."PLEDGED THEIR LIVES, THEIR FORTUNES, AND THEIR SACRED HONOR"....SO THAT WE COULD BE FREE TODAY.

WHAT ARE SOME OF THE FREEDOMS WE ENJOY TODAY?

ABLE TO VOTE/SPEECH/WORSHIP/TRAVEL/PARTICIPATE IN THE GOVERNMENT
EDUCATION/FREEDOM OF THE PRESS

THESE FREEDOMS AND RIGHTS ARE SOMETHING THAT MUST BE FOUGHT FOR, WON, PROTECTED AND DEFENDED ON A CONTINUOUS BASIS.

WHAT DO YOU THINK WOULD HAPPEN IF WE DIDN'T SAFEGUARD THESE FREEDOMS?

WHAT ARE SOME EXAMPLES?

(.....CURRENT DAY EXAMPLES OF RIGHTS/FREEDOM ABRIDGEMENT...MIDDLE EAST, AFRICA, CHINA, CUBA, ETC.....)

(3.)

DISCUSSION TOPICS:

- WOULD YOU LIKE TO BE TOLD WHERE YOU HAVE TO LIVE?
- YOU HAD TO HAVE A PASS TO GO TO THE NEXT CITY/TOWN/STATE/COUNTRY?
- THERE WAS CONTINUOUS SOCIAL/POLITICAL UPHEAVAL/WARFARE?
- ONLY ONE POLITICAL PARTY/CANDIDATE TO "VOTE" FOR?
- YOUR MOTHER/FATHER COULD ONLY WORK AT A CERTAIN JOB/CAREER?
- RELIGION WAS BANNED OR YOU WERE TOLD WHERE AND HOW TO WORSHIP?
- ONE NEWSPAPER/TV STATION (WITH ONE CHANNEL) ALL GOVERNMENT CONTROLLED
- ONLY ONE GOVERNMENT STORE TO BUY FOOD AND CLOTHES?

WOULD YOU LIKE TO LIVE IN A PLACE LIKE THAT?

REMEMBER... WE WILL CONTINUE TO BE FREE ONLY AS LONG AS WE, AS A NATION, ARE WILLING TO MAKE THOSE SACRIFICES NECESSARY TO MEET THE THREATS AND CHALLENGES TO PROTECT THAT PRECIOUS COMMODITY CALLED **FREEDOM**.

MANY PEOPLE LIKE ME SERVE IN THE DEFENSE OF OUR COUNTRY....SO YOU, YOUR CHILDREN, AND SOMEDAY, OUR GRANDCHILDREN WILL ENJOY THESE SAME **FREEDOM OF CHOICES**. EVEN THOUGH I'M A MEMBER OF THIS COMMUNITY, I'M WILLING AND READY TO BE CALLED TO ACTIVE DUTY IN RESPONSE TO A NATIONAL NEED. SOME OF YOU MAY EVEN KNOW SOME NATIONAL GUARDSMEN AND WOMEN OR RESERVISTS WHO WERE CALLED UP FOR OPERATION DESERT SHIELD AND DESERT STORM.

(4.)

BUT TODAY I'M HERE TO TALK ABOUT A REAL WAR AND ABOUT ACTUAL BATTLES BEING FOUGHT RIGHT HERE IN OUR OWN COUNTRY - ON THE STREETS OF ALL OUR CITIES AND TOWNS. THESE BATTLES DON'T INVOLVE TANKS, JETS, SCUD MISSILES, BOMBS OR ARMIES, BUT UNFORTUNATELY THEY DO RESULT IN VIOLENCE AND END IN BRINGING UNHAPPINESS, CRIME, BROKEN HOMES, SICKNESS, AND MANY TIMES DEATH. WE CAN NOT AFFORD TO LOSE THIS WAR AND THESE BATTLES BECAUSE THEIR OUTCOME WILL AFFECT THE FUTURE OF EACH AND EVERYONE OF US AND THE FUTURE OF THE ENTIRE COUNTRY.

WHAT AM I TALKING ABOUT?

(...HOLD UP "THE COCAINE TRAIL" ARTICLE....DESCRIBE DRUGS ROUTES (ARROWS) AS INVADING ENEMY FORCES....)

THIS IS THE FIGHT WE ARE NOW ENGAGED IN....AND WE HAVE NO CHOICE ABOUT IT'S HERE NOW.. **THE DRUG WAR.** IT'S THE FIGHT AGAINST THE ILLEGAL SALE, TRANSPORTATION AND USE OF DRUGS... ALL OF THEM.... CRACK. POT, COCAINE SPEED, LSD, PCP, ETC. AND IT IS ALSO ABOUT THE ABUSE OF ALCOHOL AND NICOTINE - THE "LEGAL" SUBSTANCES.

SO WHY AM I HERE TODAY TALKING TO YOU?

WHEN I ENTERED THE ARMED FORCES, I TOOK AN OATH. I RAISED MY HAND AND PROMISED TO DEFEND OUR COUNTRY AGAINST ALL ENEMIES...FOREIGN *AND* DOMESTIC. (...EXPLAIN DOMESTIC ENEMY CONTEXT...) EVERY MEMBER OF THE ARMED FORCES MAKES THIS PROMISE.

(5.)

HOW ARE DRUGS A DOMESTIC ENEMY? WHAT DOES AN ENEMY DO? EXAMPLE: WHAT DID IRAQ DO TO KUWAIT? WHAT DID THEY DO TO (TAKE AWAY FROM) THE KUWAITIS?

THREATEN THEM...TAKE AWAY THEIR FREEDOM.

WHAT'S HAPPENING IN OUR STREETS AND NEIGHBORHOODS WHERE DRUGS HAVE TAKEN OVER ...INVADED US? DRUGS ARE A NATIONAL THREAT THAT AFFECTS US ALL, EVEN WHEN WE DON'T EXPECT IT.....

SUBWAY ACCIDENTS, NEW YORK & BOSTON - ENGINEER ABUSE OF ALCOHOL/DRUGS (...HOLD UP NEWS CLIPPINGS....)

AIRLINES - PILOT/CO-PILOT DRINKING BEFORE FLYING (...HOW SAFE WOULD YOU FEEL GETTING ON A PLANE KNOWING THE PILOT WAS DRINKING/DOING DRUGS AND FLYING YOU AND YOUR FAMILY ON VACATION?...)

AUTO/TRUCK DRIVERS ON OUR HIGHWAYS ABUSING ALCOHOL/DRUGS (...1/3 OF HIGHWAY TRUCK FATALITIES INVOLVE SUBSTANCE ABUSE....)

GANG WARS - INNOCENT VICTIMS (...SHOOT-OUT DRILLS, COMPTON, CA...OTHER ARTICLES...)

CRIME RELATED - (...85%CRIMES IN MA DRUG RELATED...70% IN THE U.S. OVERALL)

LET'S LOOK AT DRUGS AS AN ECONOMIC THREAT.

WHAT DO YOU THINK THE WAR ON DRUGS IS COSTING THE COUNTRY?

THE ESTIMATE THIS FISCAL YEAR \$20 BILLION. (...LAW ENFORCEMENT, INTERDICTION,LEGAL, PENAL, COSTS ETC...)

(6.)

THERE IS ALSO THE RELATED UNESTIMATED, OPEN-ENDED SOCIAL CONSEQUENCE COSTS

- HEALTH - (..AIDS..,TB..), SUBSTANCE ABUSE RE-HABILITATION, "COCAINE BABIES"

(..HOSPITALIZATION, SPECIAL EDUCATION, ETC...), RELATED HOMELESS, MENTAL ILLNESS ETC, ETC..

HOW ARE THESE PROBLEMS GOING TO BE PAID FOR?

WHO IS GOING TO PAY THE "BILL?"

DISCUSSION TOPICS:

- IF WE DIDN'T HAVE TO PAY THE DRUG WAR COST (\$20 BIL.) AND RELATED EXPENSES, WHAT OTHER USES COULD WE USE THESE FUNDS FOR?
- HOW MUCH DOES IT COST EACH TAXPAYER TO FIGHT THE WAR ON DRUGS?

CONSIDER ALSO DRUG ABUSE AS A THREAT TO OUR SOCIETY....FAMILY BREAD-UPS,

(....INCLUDE EXAMPLES OR ASK STUDENTS TO RELATE....) THE EFFECT ON OUR SCHOOLS AND THE

EDUCATION PROCESS.

DISCUSSION TOPICS:

- CAN EDUCATION TAKE PLACE WHEN THERE'S NO CLASSROOM DISCIPLINE BECAUSE OF STUDENTS ABUSING DRUGS?
- IS IT FAIR TO STUDENTS WHO ARE TRYING TO GET AN EDUCATION IN THE ABOVE SITUATION? HOW WOULD YOU FEEL IF YOU WERE CAUGHT IN THAT TYPE OF SITUATION?

(7.)

DRUG USE HAS NO PLACE IN THE NAVY...WE DON'T TOLERATE IT..IT'S "SHAPE UP OR SHIP OUT"!

WHY DO YOU THINK WE HAVE SUCH A STRICT POLICY REGARDING DRUGS?

(...ACTUAL EXPERIENCE OF DRUG ABUSE IN THE SERVICE...)

ANYONE PLANNING TO GO IN THE ARMED FORCES? WHICH BRANCH?

WORDS OF ADVICE: 1. FINISH SCHOOL 2. DON'T EVEN THINK ABOUT DOING DRUGS

ON A PERSONAL HEALTH BASIS....HOW MANY OF YOU'VE SEEN THE TV AD ..

"THIS YOUR BRAIN: THIS IS YOUR BRAIN ON DRUGS"...(...SHOW AD COPY...) WE'RE VERY FORTUNATE TO HAVE A SPECIAL VIDEO CALLED "COCAINE AND THE BRAIN" (...THANKS TO THE BRIGHAMS & WOMENS HOSPITAL, BOSTON...) WHICH SHOWS YOU WHAT ACTUALLY HAPPENS TO THE BRAIN WHEN A PERSON USES/ABUSES COCAINE... EVEN FOR A SHORT AMOUNT OF TIME.

(....SHOW VIDEO....)

DOES ANYBODY HAVE ANY COMMENTS OR QUESTIONS ABOUT VIDEO?

(8.)

DISCUSSION TOPICS:

- DO YOU UNDERSTAND BETTER WHAT THIS AD MEANS (...HOLD UP "AD AGAIN...)?
- HOW WOULD YOU FEEL IF YOU HAD TO GO TO THE SAME HOSPITAL WHERE THAT LAB TECHNICIAN (...WHITE COAT...)WORKED? WOULD YOU FEEL VERY SECURE KNOWING SHE WAS WORKING WITH YOUR BLOOD SAMPLE?
- NOW THAT YOU'VE SEEN THE VIDEO OF AN ACTUAL, LIVING BRAIN AND HOW IT'S AFFECTED BY COCAINE ABUSE, WHAT WOULD YOU SAY AND/OR HOW WOULD YOU DESCRIBE IT IN A TV AD... "TO TAKE THE PLACE OF THE... THIS IS YOUR BRAIN...." AD?

BESIDES BEING CONCERNED WITH DRUGS AND SUBSTANCE ABUSE IN THE ARMED FORCES, I'M INVOLVED HERE WITH YOU NOW BECAUSE I'M A MEMBER OF THIS COMMUNITY. I AND/OR MY (....SON/DAUGHTER ...OTHER RELATIVE....) SAT WHERE YOU ARE SITTING NOW. THE NAVY (...OTHER SERVICE...) AND I ARE COMMITTED TO HELPING YOU UNDERSTAND THE DRUG THREAT TO THIS COMMUNITY AND TO OUR COUNTRY. WE CAN'T AFFORD TO LOSE THIS WAR... OUR FUTURE DEPENDS ON US ALL AND ESPECIALLY YOUR GENERATION SAYING "**NO**" TO DRUGS.

BUT I'M ALSO HERE BECAUSE I CARE ABOUT MY CHILDREN (...FAMILY...) AND EACH OF YOU. YOUR GENERATION WILL BE TOMORROW'S ADULTS. YOU AND YOUR FRIENDS WILL BE THE NEXT.... DOCTORS, BUSINESS MEN/WOMEN, COMPUTER PROGRAMMERS, TEACHERS, LAWYERS, POLICE, FIREFIGHTERS, SCIENTISTS, POLITICAL LEADERS, PLUMBERS, CARPENTERS, MEDICAL RESEARCHERS, ARMED FORCES, ETC, ETC. (...I, YOUR PARENTS, TEACHERS, ETC. WILL BE RETIRED. SOMEDAY...) EACH ONE OF YOU IS IMPORTANT, YOU HAVE A SPECIAL ROLE TO PLAY... WE CAN'T AFFORD TO LOSE ANYONE OF YOU AS A CASUALTY IN THE "DRUG WAR"

(9.)

BEING "SQUARED AWAY" ABOUT ALCOHOL AND DRUGS WON'T BE EASY, BECAUSE IT'S EVERYWHERE IN OUR SOCIETY...LOOK AT THE NEWSPAPERS, BOOKS, MOVIES, TV PROGRAMS, COMMERCIALS CONSTANTLY BARRAGING US WITH THE FALSE MESSAGE THAT DRUGS ARE JUST PART OF LIFE, HARMLESS, FUN, "HIP", WILL MAKE YOU POPULAR AND GROWN-UP.

IN ACTUALITY, THIS FALSE MESSAGE IS FAR FROM THE TRUTH... "DOING DRUGS" CAN ONLY GET YOU **3-D'D:**

DOPEY.... SPACED OUT, "VEGGED", "IN THE OZONE"

DRUGGED OUT....LIFE INVOLVES DRUGS ONLY, NOTHING ELSE MATTERS, NO FAMILY,

FRIENDS, JOB ETC.

DEAD....STONE DEAD FROM OVERDOSE, ...BRAIN DEAD (...RE, VIDEO...)

LET'S TALK ABOUT DRUGS AND THEIR EFFECTS.

OUR BODIES ARE VERY MARVELOUS AND VERY COMPLEX MACHINES THE CHEMISTRY OF WHICH IS VERY DELICATE AND INTERRELATED.

ANYBODY WANT TO BE A DOCTOR? NURSE?

(10.)

CHEMISTRY IS A BIG PART OF MEDICINE. FROM TIME TO TIME THE BODY NEEDS HELP FROM CERTAIN MEDICATIONS TO FIGHT OFF INFECTION, DISEASE, OR OTHER INJURIES. YOUR MOM, DAD, (...WHOEVER TAKES CARE OF YOU...), DOCTOR, NURSE ARE PEOPLE WHO CARE AND LOVE YOU AND WANT TO KEEP YOU HEALTHY AND SAFE FROM HARM. THE DRUGS AVAILABLE ON THE STREET DO NOT HAVE ANY BENEFICIAL EFFECT ON OUR BODIES. THEY ARE BEING "PUSHED" ON KIDS YOUR AGE..AND YOUNGER...(AND ADULTS WHO SHOULD KNOW BETTER...) BY PEOPLE WHO COULDN'T CARE LESS ABOUT WHAT HAPPENS TO THEIR BUYERS.

WHAT ARE THE DRUG USERS IN THE EYES OF THE "PUSHER"?

WHAT IS "PUSHER'S" ONLY GOAL?

WHAT IS THE SAD AND CRUEL CONCLUSION OF SUBSTANCE ABUSE ... **THE PROMISE OF FUN AND GOOD TIMES CAN ONLY END IN HEARTACHE, SUFFERING, JAIL, HOSPITAL, TRAGEDY, AND MORE OFTEN DEATH!**

OPTIONAL MATERIAL IF NOT COVERED BY D.A.R.E. OR COMPARABLE PROGRAM:

WHO CAN TELL ME THE MOST COMMON DRUGS AND THEIR EFFECT ON THE BODY?

- ALCOHOL (ALCOHOL A DISEASE) THE MOST ABUSED DRUG IN THE U.S., A DEPRESSANT)
- TOBACCO (SMOKED/CHEWED) NICOTINE - MOST ADDICTIVE, A STIMULANT
- MARIJUANA (POT, GRASS, WEED, REEFER) - PSYCHO-ADDICTIVE, "THERESHOLD" DRUG
- STIMULANTS (SPEED, UPPERS, PEP PILLS, BLACK BEAUTIES)
- DEPRESSANTS (DOWNERS, BLUE DEVILS, YELLOW JACKETS)
- HARD ADDICTIVE DRUGS (HEROIN, COCAINE [*CRACK*] - STIMULANTS, INHALENTS
- DESIGNER DRUGS (ECSTASY, ICE) CHEMICALLY DERIVED DRUGS

(11.)

THIS IS A MARVELOUS TIME TO BE ALIVE. THERE IS SO MUCH THAT YOUR GENERATION HAS TO LOOK FORWARD TO.... SO MANY EXCITING.... AND YES, DIFFICULT CHALLENGES AWAIT YOU IN THIS LAST DECADE OF THE 20TH CENTURY AND BEYOND INTO THE 21ST CENTURY. YOU'RE YOUNG, ENERGETIC... DON'T THROW YOUR LIVES AWAY ON THE '**BIG LIE**'... THAT YOU'LL HAVE A... "GOOD TIME"...THAT YOU'LL BE. IN.. "WITH THE *IN* GROUP", THAT DRUGS WILL MAKE YOU... "GROWN UP." JUST THE OPPOSITE... "DOING DRUGS" WILL ONLY RUIN YOUR ABILITY TO REALLY ENJOY LIFE, TO CONFRONT AND SOLVE PROBLEMS AND THE CHALLENGES THAT WILL FACE US ALL IN THE COMING YEARS. NOTHING IN THIS LIFE IS GOING TO BE FREE (OR EASY). IF YOU WANT TO SUCCEED, IT'S GOING TO TAKE WORK (AND DISCIPLINE) ON YOUR PART.

(.....PERSONAL EXPERIENCE / ANECDOTE.....)

I KNOW THAT RIGHT NOW, SOME OF YOU ARE REALLY STRUGGLING WITH A LOT OF THINGS....SCHOOL....GRADES....PARENTS....TEACHERS....PEER-PRESSURES... RELATIONSHIPS - BOY/GIRL FRIENDS...SPORTS...BELONGING TO "*THE*" GROUP...ETC. I KNOW THESE ARE IMPORTANT ISSUES FOR YOU AT THIS STAGE IN YOUR LIVES...(THEY CERTAINLY WERE IN MINE). YOUR PARENTS AND TEACHERS ALSO KNOW HOW THIS CAN BE A SOURCE OF STRESS... THEY'RE THERE TO HELP YOU, IF YOU ASK, IT'S IMPORTANT THAT YOU REALIZE THAT DRUGS WILL NEVER BE A SHORT CUT TO "FAME AND FORTUNE."THERE WILL BE TREMENDOUS PRESSURE TO USE AND ABUSE ALCOHOL, DRUGS ANDOTHER SUBSTANCES... AND ALSO TO TOLERATE DRUG USE BY OTHERS.**DON'T DO IT OR BE A PART OF IT! JUST SAY NO!**

(12.)

BE STRONG IN YOUR CONVICTIONS OF RIGHT AND WRONG, STICK TOGETHER AND HELP YOUR FRIENDS. REAL FRIENDS DON'T GET OR LET OTHER FRIENDS GET HOOKED ON ALCOHOL OR DRUGS! LET YOUR PARENTS, TEACHERS, OR A TRUSTED ADULT OR FRIEND KNOW IF SOMEONE'S IN TROUBLE WITH DRUGS SO THEY CAN GET HELP. THAT'S BEING A REAL FRIEND (AND NOT A "SQUEALER")...IF YOU REALLY CARE.

(...READ ARTICLE "FRIEND CAN'T HELP A FRIEND", *MARBLEHEAD REPORTER*, 3/1/90...SEE EXHIBITS)

DISCUSSION TOPICS:

- WHAT DID THE WRITER DO WRONG?
- WHAT SHOULD OR COULD SHE HAVE DONE INSTEAD?
- HAS ANYONE BEEN PUT IN THAT SAME POSITION? WHAT DID YOU DO?

YOU HAVE HEARD THE "WHYS" AND THE "WHAT HAPPENS" IF WE DON'T WIN THE "DRUG WAR". THE REST IS UP TO YOU...I'M ASKING YOU TO JOIN ME, AND THE NAVY, MARINE CORPS IN KEEPING (.....CITY/TOWN/COMMUNITY...) AND THE REST OF THE COUNTRY DRUG FREE... THE ONE THAT YOU FOLKS (AND YOUR KIDS) ARE GOING TO INHERIT 10, 15, 20 YEARS FROM NOW?

OK... LET ME SEE YOUR HANDS... WHO'S ENLISTING IN THE FIGHT AGAINST DRUGS? WILL YOU ALL ACCEPT THIS CHALLENGE?

THANKS, I ENJOYED BEING WITH YOU TODAY (...SALUTE...) GOOD LUCK TO EACH ONE OF YOU AND REMEMBER.... **LET'S KEEP OUR COUNTRY....DRUG FREE!**

(...QUESTIONS?...PASS OUT CDF STICKERS, OTHER ITEMS...)

CAMPAIGN DRUG FREE PRESENTATION LECTURE

GOOD (.....(AM/PM).....) AS YOU'VE PROBABLY FIGURED OUT, I'M A MEMBER OF THE UNITED STATES (....NAVY/MARINE CORPS/COAST GUARD...) - SERVING IN THE (...NAVAL RESERVES/ACTIVE DUTY...). IT'S BEEN MY PRIVILEGE TO SERVE OUR COUNTRY'S ARMED FORCES FOR (.....) YEARS BOTH ON ACTIVE DUTY AND IN THE RESERVES. WHILE ON ACTIVE DUTY I WAS / AM CURRENTLY STATIONED: (.....SHIP/ShORE/FOREIGN COUNTRY./SHORT NAVY CAREER SUMMARY.....) AS A RESERVIST, EVERY MONTH I REPORT FOR DUTY FOR TWO DAYS AT:(.....) AND ONCE A YEAR I GO ON ACTIVE DUTY FOR 2 WEEKS.

I'VE LIVED IN THIS COMMUNITY FOR (.....) YEARS AND HAVE BEEN INVOLVED IN (.....(COMMUNITY RELATIONSHIP: SCOUTING, SCHOOL, CHURCH, YOUTH SPORTS PROGRAMS, ETC.).....)

YOU'RE PROBABLY WONDERING..... WHAT'S A MEMBER OF THE NAVY/MARINES DOING HERE TODAY?

I'M HERE TO TALK ABOUT SOME ISSUES IN A WAY THAT MAYBE YOU HAVEN'T THOUGHT ABOUT BEFORE - NATIONAL THREAT ISSUES THAT AFFECT EVERYONE IN THE COUNTRY AND MORE SPECIFICALLY YOUR GENERATION.

THIS WILL BE A 2-WAY DISCUSSION. I HOPE TO GIVE YOU SOME INFORMATION FROM A DIFFERENT PERSPECTIVE AND OPEN SOME 2-WAY COMMUNICATIONS - "COMMS" ..AS WE SAY IN THE NAVY

2.

....GET SOME DIRECTION AND ANSWERS FROM YOUR VIEWPOINT ON SEVERAL ISSUES

....SHOW YOU A VIDEO AND LISTEN TO YOUR THOUGHTS ABOUT IT
(SET TIME LIMITS... ASSIGN TIMEKEEPER) (FREEDOM &THREATS)

LIVING IN THIS COUNTRY, WE'RE FORTUNATE - WE TAKE FOR GRANTED SOMETHING THAT MOST OF THE WORLD'S POPULATION CAN ONLY DREAM OF HAVING.

WHAT DISTINGUISHES US FROM THE REST OF THE PEOPLE IN THE WORLD? WHAT IS IT THAT MAKES EVERYBODY WANT TO COME TO THIS COUNTRY?

IN A WORD - WHAT IS IT ?

WHERE DID WE GET THIS **"FREEDOM"**... HOW DID WE EVOLVE INTO AN OPEN DEMOCRATIC SOCIETY?

YOU AND I ARE FREE TODAY BECAUSE OTHER MEN AND WOMEN WERE WILLING TO SACRIFICE ALL THAT THEY HAD AND EVEN TO DIE TO ENSURE OUR FREEDOM FOR US TODAY.

WHAT ARE SOME OF THE FREEDOMS WE ENJOY TODAY?

VOTE / SPEECH / TRAVEL / WORSHIP / EDUCATION / PRESS

3.

THESE FREEDOMS AND RIGHTS ARE SOMETHING THAT MUST BE FOUGHT FOR, WON, PROTECTED AND DEFENDED ON A CONTINUOUS BASIS.

REMEMBER... WE WILL CONTINUE TO BE FREE AS LONG AS WE, AS A NATION, ARE WILLING TO MAKE THOSE SACRIFICES NECESSARY TO MEET THE THREATS AND CHALLENGES TO PROTECT THAT PRECIOUS COMMODITY CALLED **FREEDOM**.

SO WHY AM I HERE TODAY TALKING WITH YOU? WELL, WHEN I ENTERED THE ARMED FORCES, I TOOK AN OATH. I RAISED MY HAND AND SOLEMNLY SWORE "...TO DEFEND THE CONSTITUTION AGAINST ALL ENEMIES...FOREIGN AND **DOMESTIC** ..." (...EXPLAIN DOMESTIC ENEMY CONTEXT...)

SO YOU, YOUR CHILDREN, AND, SOMEDAY, ALL OUR GRANDCHILDREN COULD ENJOY THESE SAME **FREEDOM OF CHOICES**. EVEN THOUGH I LIVE AND WORK IN THIS COMMUNITY, I'M ALSO READY TO BE CALLED TO ACTIVE DUTY IN RESPONSE TO A NATIONAL NEED. YOU MAY KNOW SOME NATIONAL GUARDSMEN AND WOMEN OR RESERVISTS WHO WERE CALLED UP FOR OPERATION DESERT SHIELD AND DESERT STORM.

I'M INVOLVED HERE WITH YOU NOW BECAUSE I'M A MEMBER OF THIS COMMUNITY. THE NAVY (...OTHER SERVICE...) AND I ARE COMMITTED TO HELPING YOU UNDERSTAND DRUGS AS THREAT TO THIS COMMUNITY AND TO THE NATION AS A WHOLE WE CAN'T AFFORD TO LOSE THIS WAR... OUR FUTURE DEPENDS ON US ALL AND CERTAINLY YOUR GENERATION SAYING "**NO**" TO DRUGS.

4.

I'M HERE ALSO BECAUSE I CARE ABOUT MY CHILDREN (....FAMILY...) AND ALL OF YOU. YOUR GENERATION WILL VERY SHORTLY BE FILLING ADULT RESPONSIBILITIES..WHATEVER THEY ARE...COLLEGE STUDENTS, BUSINESS MEN/WOMEN, MOTHERS, FATHERS, COMPUTER PROGRAMMERS, TEACHERS, DOCTORS, LAWYERS, POLICE, FIREFIGHTERS, SCIENTISTS, POLITICAL LEADERS, PLUMBERS, CARPENTERS, MEDICAL RESEARCHERS, ARMED FORCES, ETC, ETC. (...I, YOUR PARENTS, TEACHERS, ETC. WILL BE RETIRED SOMEDAY...) EACH ONE OF YOU IS IMPORTANT, YOU HAVE A SPECIAL ROLE TO PLAY... **WE CAN'T AFFORD TO LOSE ANYONE OF YOU AS A CASUALTY IN THE "DRUG WAR".**

BUT LET'S TALK A LITTLE ABOUT A REAL DOMESTIC WAR, ACTUAL BATTLES BEING FOUGHT RIGHT HERE IN OUR OWN COUNTRY - ON THE STREETS OF ALL OUR CITIES AND TOWNS. THESE BATTLES DON'T INVOLVE TANKS, JETS, SCUD MISSILES, BOMBS OR ARMIES. BUT UNFORTUNATELY THEY RESULT IN VIOLENCE AND CAUSE LARGE SCALE UNHAPPINESS, CRIME, BROKEN HOMES, SICKNESS, AND MANY

TIMES DEATH. THIS IS A WAR WE CAN NOT AFFORD TO LOSE BECAUSE THE OUTCOME WILL AFFECT THE FUTURE OF EACH AND EVERYONE OF US AND THE FUTURE OF THE ENTIRE COUNTRY.

CAN YOU GUESS WHAT I'M TALKING ABOUT?

(...HOLD UP " THE COCAINE TRAIL" ARTICLE...DESCRIBE DRUGS ROUTES (ARROWS) AS INVADING ENEMY FORCES...) THESE BATTLES.... THIS FIGHT WE ARE ENGAGED IN...AND WE HAVE NO CHOICE ABOUT IT...IS HERE NOW... **THE DRUG WAR**. IT'S THE FIGHT AGAINST THE ILLEGAL SALE,TRANSPORTATION AND USE OF DRUGS... ALL OF THEM... CRACK. POT,COCAINE, SPEED, LSD, PCP, ETC. AND THE ABUSE OF ALCOHOL.

5.

HOW ARE DRUGS A DOMESTIC ENEMY? WHAT DOES AN ENEMY DO? EXAMPLE: WHAT DID IRAQ DO TO KUWAIT? WHAT DID THEY DO TO (TAKE AWAY FROM) THE KUWAITIS?

THREATEN THEM...TAKE AWAY THEIR FREEDOM. WHAT'S HAPPENING IN OUR STREETS AND NEIGHBORHOODS WHERE DRUGS HAVE TAKEN OVER....INVADED US? DRUGS ARE A NATIONAL THREAT THAT AFFECTS US ALL. EVEN WHEN WE DON'T EXPECT IT.....

SUBWAY ACCIDENTS , NEW YORK & BOSTON - ENGINEER ABUSE OF ALCOHOL/DRUGS (...HOLD UP NEWS CLIPPINGS...)

AIRLINES - PILOT/CO-PILOT DRINKING BEFORE FLYING (...HOW SAFE WOULD YOU FEEL GETTING ON A PLANE KNOWING THE PILOT WAS DRINKING/DOING DRUGS AND FLYING YOU AND YOUR FAMILY ON VACATION?...)

AUTO/TRUCK DRIVERS ON OUR HIGHWAYS ABUSING ALCOHOL/DRUGS (...1/3 OF HIGHWAY TRUCK FATALITIES INVOLVE SUBSTANCE ABUSE...)

GANG WARS - INNOCENT VICTIMS (...SHOOT-OUT DRILLS, COMPTON, CA...OTHER ARTICLES...)

CRIME RELATED - (...70% CRIMES IN THE U.S....(85% CRIMES IN MA) DRUG RELATED...)

LET'S LOOK AT DRUGS AS AN ECONOMIC THREAT.

HOW MUCH DO YOU THINK THE WAR ON DRUGS COSTS THE COUNTRY?

THE ESTIMATE THIS FISCAL YEAR \$20 BILLION. (...LAW ENFORCEMENT, INTERDICTION,LEGAL, PENAL, ETC...)

6.

AND THEN THERE'S ALSO THE RELATED UNESTIMATED, OPEN-ENDED SOCIAL CONSEQUENCE COSTS - HEALTH - (..AIDS...), SUBSTANCE ABUSE RE-HABILITATION, "COCAINE BABIES" (..HOSPITALIZATION, SPECIAL EDUCATION, ETC..), RELATED HOMELESS, MENTAL ILLNESS ETC, ETC..

HOW ARE THESE PROBLEMS GOING TO BE PAID FOR?

WHO IS GOING TO PAY THE "BILL"?

DISCUSSION TOPICS:

- IF WE DIDN'T HAVE TO PAY THE DRUG WAR COST (\$20 BIL.) AND RELATED OTHER EXPENSES, WHAT OTHER USES COULD WE USE THESE FUNDS FOR?
- HOW MUCH DOES IT COST EACH TAXPAYER TO FIGHT THE WAR ON DRUGS?
- WHO HAS A JOB? CHECK YOUR PAY STUB/RECEIPT NEXT TIME YOU GET PAID. YOU'RE ALREADY PAYING FOR THE DRUG WAR!

CONSIDER ALSO DRUG ABUSE AS A THREAT TO OUR SOCIETY....FAMILY BREAK-UPS, (...INCLUDE EXAMPLES OR ASK STUDENTS TO RELATE...) THE EFFECT ON OUR SCHOOLS AND THE EDUCATION PROCESS.

DISCUSSION TOPICS:

- CAN EDUCATION TAKE PLACE WHEN THERE'S NO CLASSROOM DISCIPLINE BECAUSE OF STUDENTS ABUSING DRUGS?
- IS IT FAIR TO STUDENTS WHO ARE TRYING TO GET AN EDUCATION? HOW WOULD YOU FEEL IF YOU WERE CAUGHT IN THAT TYPE OF SITUATION? IS IT AN INFRINGEMENT ON YOUR RIGHT TO AN EDUCATION?

7.

AS A PERSONAL HEALTH AND SECURITY THREAT.... IF YOU'RE A SKATER ON A POND AND YOU SEE A SIGN THAT SAYS... "**THIN ICE**" ...

WHAT WOULD YOU NORMALLY DO?

FOR SOME OF US CERTAIN LIFE STYLE DANGERS ARE NOT SO CLEAR. THE VIDEO YOU'RE GOING TO SEE "ON THIN ICE" POINTS OUT WHAT I MEAN.

(...SHOW VIDEO "ON THIN ICE"...)

DOES ANYBODY HAVE ANY COMMENTS OR QUESTIONS ABOUT VIDEO?

WHAT DO YOU THINK ABOUT IT?

DISCUSSION TOPICS:

- HOW DID THIS FILM MAKE YOU FEEL/WHY/?
- WHAT MESSAGE WAS THE FILM TRYING TO MAKE?
- WHY COULDN'T DEREK SANDERSON STOP WITH JUST ONE DRINK? WHAT MADE HIM START DRINKING IN THE FIRST PLACE?
- DO YOU HAVE ANY FRIENDS LIKE DEREK SANDERSON? WHAT WOULD SUGGEST TO HELP THEM?
- HAVE YOU HEARD OF OTHER PEOPLE INVOLVED IN CAR ACCIDENTS BECAUSE OF DRINKING?
- WHEN DOES DRINKING BECOME A PROBLEM?
- WERE YOU AWARE THAT ALCOHOL IS A DRUG?
- WHAT OTHER DRUGS ARE PEOPLE USING?
- HAVE YOU DISCUSSED DRUGS WITH YOUR PARENTS?....TEACHERS?...FRIENDS?...OTHERS?
- WHAT WERE THE POSITIVE MESSAGES IN THIS FILM?

8.

DISCUSSION EXERCISE: COMPLETE THIS SENTENCE...

"THE CRISIS IN SUBSTANCE ABUSE... DRUGS, ALCOHOL, VIOLENCE, ETC... IS
BASICALLY A _____ PROBLEM."

IN WHAT WAY IS SUBSTANCE ABUSE A PEOPLE PROBLEM?

HOW DO THEY START? WHY DO THEY START? WHAT ARE SOME OF THE REASONS
PEOPLE GET INVOLVED WITH DRUGS AND/OR ALCOHOL IN THE FIRST PLACE?

(DISCUSSION: STUDENTS TO FEEDBACK CAUSES, NOTE ON CAULK BOARD AND RELATE TO BELOW)

LETS LOOK AT

COMMUNICATION

SELF-IDENTITY

SELF-ACCEPTANCE

SELF-CONFIDENCE

HUMANS AS A SOCIAL ANIMAL

SELF-ESTEEM

RELATIONSHIPS

(UP OR DOWN)

FIRST, LET'S TAKE A LOOK AT COMMUNICATION...IN THE NAVY ITS.... **"COMMS"**

WHAT DO I MEAN BY "COMMS" OR COMMUNICATION...LET'S TAKE AN EXAMPLE... IS
THERE ANYONE WHO HASN'T SEEN THE MOVIE "TOP GUN"? REMEMBER WHEN
"MAVERICK" - (CALLSIGN FOR TOM CRUISE) WAS COMMUNICATING TO THE CARRIER "
STRIKE OR MUSTANG"

9.

IF YOU ARE FAMILIAR WITH GOOD TELEPHONE TACCOMM NET PROCEDURES, EXPLAIN WHY THEY ARE IMPORTANT IN THE NAVY-ARMED FORCES, HOW THEY TOOK PLACE IN THE MOVIE (DIAGRAM ON BOARD IF NECESSARY).EXPLAIN WHY THERE IS NO SUCH THING AS ENDING A TRANSMISSION...
"OVER AND OUT"

HOW DOES THAT APPLY TO EVERYDAY LIFE HAVE YOU EVER PASSED SOME "COMMS" TO SOMEONE AND HAVE THE OTHER PERSON CLICK OFF... "OVER AND OUT". EXAMPLES... PARENTS, TEACHERS, BROTHERS/SISTERS, GIRL/BOY FRIENDS
OK...HOW DOES THAT MAKE YOU FEEL? POINT....EVERYBODY IS ENTITLED TO 2-WAY COMMS. (USING GOOD COMM PROCEDURES AND MANNERS) COMMUNICATE YOUR PROBLEMS TO OTHERS AND LET THEM COMMUNICATE THEM TO YOU....

SELF-IDENTITY: DESCRIBE YOURSELF; HAVE OTHERS DESCRIBE YOU; WHAT DO THEY SEE; KNOWING YOURSELF-GOOD QUALITIES, THINGS YOU NEED TO IMPROVE; KNOW HOW YOU WANT TO ACT, WHAT YOU ARE COMFORTABLE AT BEING, KNOWING THAT YOU ARE UNIQUE - "ONE-OF-A-KIND" THROUGH ETERNITY

SELF-ACCEPTANCE: ACNOWLEDGING AND APPROVING YOUR CAPABILITIES AND LIMITATIONS;
ACCEPTING WHO YOU ARE AND YOUR DREAMS OF WHAT YOU WANT TO BE

SELF-CONFIDENCE: BEING ABLE TO TRUST AND RELY ON YOUR ABILITIES; KNOWING YOU DON'T HAVE TO ACCEPT POOR GRADES...CREEPY FRIENDS, ETC; YOU THINK AND HAVE FAITH IN YOURSELF AND YOUR VALUES

SELF-ESTEEM: THE ABILITY TO ADMIRE, TAKE PRIDE IN YOUR ABILITIES, ACCOMPLISHMENTS, INTERESTS

10.

RELATIONSHIPS: ASSOCIATION WITH OTHERS IN A POSITIVE SENSE; NOT SWAYED BY PEER PRESURE; BEING AN INDIVIDUAL BUT RELATING TO OTHERS WITH HONESTY, UNCONDITIONAL CONCERN, LOYALTY & LOVE

(THE MOVIE "*THE HEATHERS*" WOULD BE THE ANTITHESIS-THE VERY OPPOSITE OF A "GOOD RELATIONSHIP")

BEING "SQUARED AWAY" ABOUT DRUGS WON'T BE EASY, DRUGS ARE EVERYWHERE IN OUR SOCIETY... LOOK AT THE NEWS...SPECIAL PROGRAMS ABOUT DRUGS. UNFORTUNATELY BOOKS, MOVIES, TV PROGRAMS CONSTANTLY BARRAGE US WITH THE FALSE MESSAGE THAT DRUGS ARE JUST PART OF LIFE, HARMLESS, FUN, "HIP", WILL MAKE YOU POPULAR AND GROWN UP.

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I KNOW THAT SOME OF YOU ARE STRUGGLING WITH A LOT OF THINGS.....SCHOOL.....GRADES.....PARENTS.....TEACHERS.....PEER-PRESSURES... REALATIONSHPIS - BOY/GIRL FRIENDS...SPORTS...BELONGING TO "THE" GROUP...ETC. AND I KNOW THESE ARE IMPORTANT ISSUES AT THIS STAGE IN YOUR LIVES... (IT CERTAINLY WAS IN MINE). YOUR PARENTS AND TEACHERS ALSO KNOW THIS CAN BE A SOURCE OF STRESS...THEY'RE THERE TO HELP YOU - IF YOU ASK.

BUT IT'S VITALLY IMPORTANT THAT YOU REALIZE THAT DRUGS WILL NEVER BE A SHORT CUT TO "FAME AND FORTUNE." IF THERE ISN'T ALREADY, THERE WILL BE TREMENDOUS PRESSURE ON YOU TO USE AND ABUSE ALCOHOL, DRUGS AND OTHER SUBSTANCES... OR TO TOLERATE DRUG USE BY OTHERS. **DON'T DO IT OR BE A PART OF IT!** AS THEY SAY ON THE TV PROGRAM "*LIVING COLOR*"... "HOMEY DON'T PLAY THAT!"

12.

STICK TO YOUR CONVICTIONS OF WHAT'S RIGHT AND WRONG, HANG IN THERE TOGETHER AND HELP YOUR FRIENDS. REAL FRIENDS DON'T LET FRIENDS GET STRUNG OUT ON ALCOHOL OR DRUGS! LET YOUR PARENTS, TEACHERS, OR SOME ADULT OR FRIEND YOU CAN TRUST KNOW, SO THAT A PERSON HAVING TROUBLE WITH DRUGS CAN GET HELP. THAT'S BEING A REAL FRIEND ...A REAL "SHIPMATE" (AND NOT A "RAT")...IF YOU REALLY CARE.

(....READ ARTICLE "FRIEND CAN'T HELP A FRIEND", MARBLE HEAD REPORTER, 3/1/90...)

DISCUSSION TOPICS:

- WHAT DID THE WRITER DO WRONG?
- WHAT SHOULD OR COULD SHE HAVE DONE INSTEAD?
- HAS ANYONE BEEN PUT IN THAT SAME POSITION? WHAT DID YOU DO?

YOU HAVE HEARD THE "WHYS" AND THE "WHAT HAPPENS" IF WE DON'T WIN THE "DRUG WAR." THE REST IS UP TO YOU...WILL YOU JOIN ME, AND THE NAVY, MARINE CORPS, COAST GUARD RESERVES HELP KEEP OUR(.....CITY/TOWN/COMMUNITY...) AND THE COUNTRY DRUG FREE?

OK... 3 QUESTIONS...

WILL YOU ACCEPT THIS CHALLENGE TO REMAIN DRUG FREE?

WILL YOU BE THE "HEROS" OF THE DRUG WAR IN THIS COUNTRY?

WILL YOU BE PART OF THE SOLUTION... AND NOT BE PART OF OR CONTINUE

THE PROBLEM?

(RAISE OF HANDS)

13.

THANKS, I ENJOYED BEING WITH YOU TODAY (...SALUTE...) GOOD LUCK TO EACH
ONE OF YOU AND REMEMBER.... **KEEP OUR COUNTRY....DRUG FREE!**

(...QUESTIONS?...PASS OUT CDF STICKERS, OTHER ITEMS...)

QUESTIONS AND ANSWERS

What are drugs ? Drugs are chemical substances that cause changes in the human body. Scientists have developed drugs to treat serious illnesses. When drugs are used to diagnose, treat or prevent diseases, they are beneficial.

How are drugs approved ? Many drugs are created by chemists in drug company laboratories. These chemists start with an idea, make a drug, test it, and develop it into a safe and effective product. This may take many years. The results of their research are sent to the U.S Food and Drug Administration for approval.

How are drugs made ? Some drugs occur naturally in plants, animals, or minerals and are refined for human use. Drugs that do not occur naturally are made in laboratories by scientists.

How do people take drugs ? They may be taken by mouth, injection, inhalation or are applied to the skin.

How do drugs work ? Almost all drugs work by altering the speed of cell activities. Drugs that are swallowed, inhaled, or injected enter the bloodstream and travel throughout the body. Eventually, they pass from the blood into the cells of the tissues.

What are some guidelines for the safe use of drugs ?

- Before opening a drug container, examine the seal carefully.
- Read and follow all of the instructions on the drug label.
- Observe all warnings on the drug label.
- Keep drugs in their original containers.
- Store drugs in a safe place, away from young children.
- Never take a drug that has been prescribed for another person.
- Let your doctor know immediately if you experience any symptoms that may be the unwanted side effects of a drug prescribed for you.
- Discard drugs whose expiration dates have passed.

How are drugs classified ? Drugs are classified or grouped according to the jobs they are supposed to do and the ways in which they affect the body.

- Cardiovascular drugs affect the blood vessels and heart.
- Decongestants reduce swelling of the mucous membranes that line the nose and sinus cavities.
- Anesthetics affect the brain and other parts of the nervous system to produce loss of feeling and sometimes loss of consciousness. They are used primarily to eliminate pain during surgery.
- Analgesics are another group of pain-killing drugs. They relieve pain without deadening other senses. (Aspirin)
- Stimulants are drugs that stimulate or speed up the activity of the nervous system.
- Depressants are drugs that depress or slow down the activity of the nervous system.

What is drug abuse ? Drugs are developed for specific purposes. Most drugs are intended for use in diagnosing, treating, or

preventing illness. Drug abuse is the use of a drug for purposes other than the ones for which it is intended. This term usually refers to the misuse of drugs by a person who has obtained them illegally and uses them without medical supervision.

What are some reasons for not abusing drugs ? The more people feel good about themselves and know what is important in their lives, the less attractive drugs are for them. People who like themselves and who have set meaningful goals for themselves have better things to do with their time than take drugs. People say "no" to drugs for many reasons. Some of them are concerned that drug abuse will have a bad affect of their physical or mental health. Some of them fear the unknown or experience strong peer pressure against drug abuse. And some of them have seen the devastating results of drug abuse in their families, among friends, or by entertainment or sports figures. For those who have seen the destructive power of drugs, it is reason enough not to get involved with them.

Why do people abuse drugs ? Even though most people know about the dangers of drugs, some people continue to abuse them for a variety of reasons.

- Because they are curious.
- To rebel against authority.
- Because they feel shy or inadequate and believe drugs will make them strong and capable.
- Because they are afraid to face their personal, academic, or economic problems.
- Because they are bored and believe drugs will put some excitement in their lives.
- Because other people pressure them to do so, and they can't say "no" to their peers.

What are some effects of continued drug abuse ? Continued drug abuse results in a subtle change. Drugs that were once simply wanted become drugs that are desperately needed.

- Some drug addicts neglect their families and friends.
- They eat poorly and suffer from malnutrition.
- Because they cannot concentrate on their work, they find it hard to hold a regular job.
- Many of them turn to crime to support their drug habits.
- They often cause automobile accidents, serious injuries, and even deaths while under the influence of drugs.

What is alcohol ? Alcohol is the common name for a chemical compound also know as ethyl alcohol, or grain alcohol. Alcohol is a colorless, flammable liquid that acts as a depressant. It slows down or depresses the activity of the brain and central nervous system. Alcohol is a legal drug. Throughout the U.S. adults may buy it without a prescription. Alcohol has undesirable side effects. Because alcohol slows down activity in the parts of the brain where speech is controlled, movements are coordinated, and decisions are made, a person who drinks too much alcohol may be unable to speak clearly. He or she may move awkwardly and exhibit bad judgment. Over time, the consumption of excessive amounts of

alcohol may cause permanent damage to the brain, liver, nerves, and stomach.

What are amphetamines ? They are one group of stimulants. Because amphetamines stimulate or speed up the activity of the brain and central nervous system, they are also called pep pills, uppers, and speed. Amphetamines prevent sleep and decrease appetite. Symptoms of abuse include dizziness, irritability, nervousness, and shakiness. Some amphetamine abusers may also hallucinate. Continued use of large amounts of amphetamines may cause permanent liver or brain damage, or even death.

What are barbiturates ? Popularly known as sleeping pills, barbiturates are one group of depressants. Doctors often prescribe them to relieve tension, control high blood pressure, make a patient feel more relaxed, or enable an insomnia sufferer to sleep more easily. Because barbiturates slow down activity in the parts of the brain where speech is controlled, movements are coordinated, and decisions are made, a person who takes too many of them at one time will have slurred speech, move awkwardly, and exhibit bad judgement. In this confused state, abusers sometimes lose track of the number of pills they have taken and taken more.

What is cocaine ? Cocaine is a drug refined from the tealeaves of the coca plant. Cocaine was once used by surgeons as a local anesthetic. Today illegal use of the drug has increased dramatically. Abusers either snort this white, odorless powder or inject directly into the bloodstream. Cocaine increases sudden increases in blood pressure and heart rate. The immediate effect of cocaine is a rush of excitement and a sense of well-being. In about 20 to 40 minutes, this feeling is replaced by feelings of anxiety and/or depression.

What is heroin? The drug heroin is made from the dried juice of the opium poppy. Heroin causes drowsiness and kills pain. Abusers of heroin inhale or inject this drug. After taking this drug for only a few weeks, addicts may need a dose that is 40 times more powerful than the original dose to achieve what they call the rush, a sudden feeling of warmth and well-being. Scientists believe that heroin somehow turns off the body's normal pain killing mechanism. When people who have become addicted to this drug stop taking it, they feel all of the pain their bodies have become powerless to suppress. They experience a variety of flu-like withdrawal symptoms, which may include diarrhea, body aches, muscle cramps, and nausea.

What is LSD? LSD is an acronym for lysergic acid diethylamide. LSD is colorless, odorless, and tasteless. It comes as either a white powder, a clear liquid, or a pill, and is usually taken by mouth. LSD causes a variety of physical symptoms like increases in blood pressure and heart rate, sleeplessness, sweating, and tremors. Hallucinations produced by LSD can be terrifying and can lead to a state of panic. Many LSD users experience flashback that occurs days, weeks, or even months after the drug was last used.

What is marijuana? Marijuana is made the flowering tops, leaves, and stems of an Indian plant. Marijuana is usually rolled into cigarettes and smoked. The smoke inhaled from the cigarette passes quickly into the bloodstream. In minutes it begins to affect the brain centers, causing such symptoms as confusion, impaired memory, and inaccurate spatial perception. The effects may last from 1 to 3 hours. Repeated use of marijuana can cause anxiety, deep depression, and psychological dependence on this drug. In addition, the use of marijuana often leads to experimentation with more dangerous drugs and possibly to a dependence on one or more of them.

What is nicotine? Nicotine is a substance that stimulates the nervous system, the heart, and other organs. Like other drugs, nicotine is habit forming. Nicotine and other chemicals in the tobacco smoke irritate the lungs and may damage them permanently. The number of years a person smokes and the amount of smoke he or she inhales during these years determine the amount of damage that is done. But smoke damages the lungs very quickly.

What is PCP? PCP is the most dangerous hallucinogen available on the street. This drug can be taken in powder, tablet or capsule form or it can be injected or smoked. Scientists aren't certain exactly how hallucinogens work. They suspect that these drugs disrupt the delicate balance between the two halves of the brain, primarily by affecting the way in which these hemispheres process incoming information. As the natural flow of consciousness is interrupted, PCP users lose control over what they see and hear, what they think about it, and what they do about it. Because of this loss of control, they may act as if they are being threatened or attacked and fear that they are going insane.

What other drugs do people abuse? Among the other drugs that people sometimes abuse are gasoline, glue, fingernail polish remover, and plastic cements. All of these products contain organic solvents, such as acetone and benzene. These substances evaporate quickly, producing a vapor that can be inhaled and readily absorbed into the bloodstream. Inhaling this vapor causes a drunken-like state with symptoms that include slurred speech, poor coordination, double vision and nausea. Continued sniffing of organic solvent fumes may permanently damage the brain, liver, bone marrow, and kidneys.

How can you say "no" drugs? Drugs are not something new. They have been around for centuries and probably will always be available at school, on the playground, in the city or in your neighborhood. You're responsible for making decisions about your own body. Only you can say "no" to drugs. Some guidelines that may help you:

- Know and like yourself! Be aware of your strengths and feel good about them. People who feel good about who they are and what they can do are able to make their own decisions and don't need to go along with the crowd.

ENCLOSURE (2) to COMDTINST 5355.3

- Use time wisely! Everyone needs free time; but use your free time in ways that are beneficial. Volunteer some time in your community, take up a new hobby, learn to play a musical instrument, or join a team. Use your time to think, to learn, and to grow.
- Select drug-free friends! Spend time with young people who share your values and enjoy the things you enjoy--young people who have better things to do than to abuse drugs.
- Care about your body and your health! Now that you know that drugs can do to you, don't be afraid to say "no" to them. This body is the only one you will ever have. For it to last and work the way you want it to, you need to take good care of it and of yourself--starting today.

CAMPAIGN DRUG FREE PRESENTATION REPORT

Date of Presentation _____ Presenter's Unit _____

Address _____

Telephone # _____

Unit Contact _____

Name of Presenter _____

School/Organization _____

Address _____

Telephone # _____

School/Organization Contact _____

Audience Grade Level _____ # in Audience _____

Student Comments _____

Teacher/Leader Comments _____

Suggestions for Improving the Presentation _____

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